

The Bloomfield Record.

Healthful Hints.
The following useful information on ventilation and the preservation of health is from the November number of the *Herald of Health*.

CARBONIC OXIDE

is a colorless and almost inodorous gas, containing one part of oxygen less than carbonic acid. It may be seen burning with a beautiful blue flame on the top of a newly fed coal fire. It is much more poisonous than carbonic acid, and must be guarded against in coal stoves, and passes through their cracks and joints into our rooms. It escapes from the gas flame when the pressure is so great that more gas flows than can be burned; it forms and escapes from charcoal burning in the open air or in fireplaces, and may escape into sleeping rooms through open stove pipes or broken flues in chimneys, or half burning wood behind the ceiling, in this way greatly injuring those sleeping therein. Even the ordinary smoke that escapes from smoky stoves and fireplaces may contain it, and persons thus breathing it are injured thereby.

CANDLE WICK GAS.

The composition of this smoke is carbonated hydrogen, carbonic oxide, burnt olein, etc. When putting out a candle light before going to bed, always do it so that there shall be no burning wick left to poison the air of the room.

BAKED AIR.

When the air is passed through a hot furnace and heated to a high degree, and then passed into a room, such air should be called baked air, and it is about as bad a form of lung food as can be taken. Nothing but headache, faintness, drowsiness, and dullness can come from its use.

HOW HOUSE AIR IS SPOILED.

The following facts will show how the air in houses becomes contaminated:

1. An adult person consumes 34 grammes of oxygen per hour, a gramme being equal to 15 grains.

2. A stearin candle consumes about one half as much.

3. An adult gives off 40 grammes per hour of carbonic acid. A child of 50 lbs. weight gives off as much as an adult of 100 lbs. weight.

4. A schoolroom filled with children will, if not well ventilated at the beginning of the hour, contain 25 parts in 1,000 of carbonic acid, at the end of the first hour 41, and end of the second hour 81.

5. The air is also spoiled by the perspiration of the body, and by the volatile oils given out through the skin. An adult gives off through the skin in 24 hours from 500 to 800 grammes of water mixed with various excretions, poisonous if breathed.

6. A stearin candle gives off per hour 0.4 cubic feet of carbonic acid, and 0.4 lbs. of water.

7. Carbonic oxide is a much more dangerous gas than carbonic acid, and this obtains entrance to our rooms in many ways, through the cracks in stoves and defective stove pipes, or when the carbonic acid of the air comes in contact with a very hot stove and is converted into carbonic oxide. The dust of the air may, on a hot stove, be burned to produce it; or it may flow out from our gas pipes when the gas is not perfectly consumed.

8. Another form of air injured is the dust of a fungus growth which fills the air in damp and warm places. We call it miasma from a want of a true knowledge of its character.

9. Accidental vapors are the crowning source of air poisoning. These are tobacco smoke, kitchen vapors, wash room vapors, and the like.

10. When we heat our houses and close them from outside air, the heat turns the mixture into a vital miasma for breathing. The only remedy is ventilation. Now that it is cold weather and our rooms are closed from free currents of outside air, let us look after the matter thoroughly and do our best to prevent injury to ourselves from polluted air.

SMALL SLEEPING ROOMS.

A large sleeping room is but little better than a small one, unless there is a supply of fresh air for it, and egress for spoiled air; and on the other hand, a small room where there is a constant change of air is nearly as good as a large one. The supply of air without draft is more important than the size of the room; still a large sleeping room, well ventilated, is desirable, and children should never be tucked away in small unventilated rooms.

A DRAFT OF AIR.

When the air moves at the rate of two feet in a second, most people will be sensible of a draft, and if the air is cold it will be felt at a less rapid rate. Now a draft is where a current is felt, and in ventilating our rooms in cold weather the air should move through the rooms so as not to be much more rapid than this. In hot weather it may move more rapidly.

SIZE OF SCHOOL ROOMS.

For a school room for 20 pupils, 36 feet square and 12 feet high is about the right size. The entire air of such a room should be warmed and changed five times an hour to keep the carbonic acid down to the proper amount; nothing short of this will keep the air sufficiently sweet. At the end of every hour the room should be flushed from every direction to still further purify it.

A PRISONER AT THE BAR.

The prisoner at the bar seems to have a very smooth face," said a spectator to the jailor. "Yes," replied the jailor; "he was ironed just before he was brought in."

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At J. H. COLFAX'S STORE,
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N. B. I will give you goods at Newark prices and service in your time and fare, if you give us same kind of pay, yes, will do more deliver us.

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